

## ABSTRACT OF THE DISCLOSURE

A universal joint yoke (1) is formed by press-forming a sheet metal (60) whose thickness is 8mm or more. The yoke (1) comprises tabs (2, 3) formed of a pair of mutually parallel flat plates. First end portions (2a, 3a) of the tabs (2, 3) are coupled to each other by a coupling portion (4). A cylindrical portion (5) to which a shaft (30) is joined extends from the coupling portion (4). From second end portions (2b, 3b) to intermediate portions (2c, 3c) of the tabs (2, 3), relief recesses (9, 10) are formed on the inside surfaces (7, 8) of the tabs (2a, 3a), respectively. By the relief recesses (9, 10), a columnar relief space (11) is defined between the tabs (2, 3). The cylindrical portion (5) includes a slit (14) extending in an axial direction of the cylindrical portion (5).